



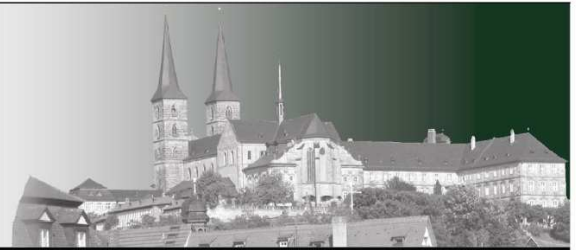
WARNER WEEKLY

News & Information at Your Fingertips

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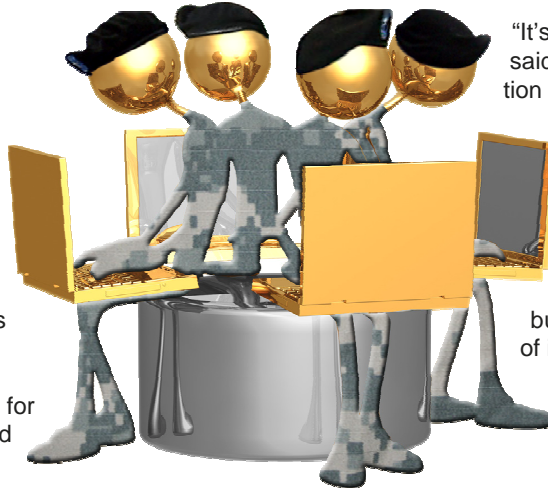
New wireless internet services offered to Soldiers

By Bethany Yost,
USAG Bamberg Public Affairs

Soldiers throughout the world are beginning to enjoy a new wireless Internet service and Soldiers in Bamberg will be no exception.

Through the Army Recreation Machine Program, Family Morale and Welfare Recreation Command is providing Soldiers with a unique Wi-Fi service.

The project has been developing stateside for almost two years, but it's only just branched out to overseas installations.



"It's been close to a year since we started," said Juergen Hageman, the Business Recreation Division Chief.

Brett Holden, the Schweinfurt Office Technician, recently met with German contractors and is eager to begin installing the Wi-Fi system.

"It's still in the bidding process," he said, but once the bidding is complete the process of installing the Wi-Fi should begin by August.

The project, which began at Fort Benning and Fort Gordon in 2007, was designed to

(Internet continued on page 10)

Bamberg's Health Clinic transfers leadership



By Ashley Bateman, USAG Bamberg Public Affairs

Soldiers, friends and family members filled the Freedom Fitness Facility's bleachers July 17, to say farewell to outgoing Bamberg Health Clinic Commander Lt. Col. Pablito R. Gahol and to welcome incoming commander Lt. Col. Larry R. Patterson.

The accomplishments of the health clinic under Gahol's leadership were expressed throughout his command, both statistically and through patient responses.

When Gahol first took command of the Health Clinic in 2007, the issues were significant, he said.

"Out-patient satisfaction survey results were 76.2 percent, the lowest in Bavaria," Gahol said. "It used to be so difficult for me to attend community town hall meetings and forums because everyone was complaining about not being able to get appointments at the health clinic."

Most of these difficulties and low ratings were directly related to the lack of manpower at the health clinic, he said.

"When I took command of the U.S. Army Health Clinic Bamberg in June 2007, we only had 50 percent of the providers we were supposed to have," Gahol said.

(COC continued on page 8)

Ashley Bateman

Reviewing Officer Col. Steven J. Brewster, center, passes the guidon to incoming commander Lt. Col. Larry R. Patterson, left, at the Bamberg Health Clinic's Change of Command. Patterson assumed command from outgoing commander Lt. Col. Pablito R. Gahol, right, in a small and personal ceremony at the Freedom Fitness Facility on July 17.

Visit www.flickr.com/photos/warnerweekly

Fitness hours change sparks debate

By Douglas DeMaio,
USAG Bamberg Public Affairs

Changes to the Freedom Fitness Facility hours for weekends and federal and training holidays are causing a bit of controversy among patrons of the facility.

On May 1, the weekend hours for the facility were changed from 9 a.m. – 9 p.m. to 8 a.m. – 4 p.m. Since then, some have expressed their dissatisfaction with the change in hours while others have submitted Interactive Customer Evaluation comments reflecting their unhappiness about the issue.

"The fitness facility offers a valuable service to our community and we do our best to make sure this service is optimized," said Command Sgt. Maj. Bruce A. Lee, U.S. Army Garrison Bamberg. "Army Business Transformation is a driving force behind decisions made by the garrison."

Army Business Transformation focuses on better business practices by increasing effectiveness and efficiency.

By reducing the facility's weekend hours, when it is being least used, the facility is being run more efficiently.

"There are many ingredients to running a garrison in constant change," Lee said. "As the community changes, so do we. The decision to change these hours was solely based on practical reasons. We almost always revisit our decisions to make sure we have taken the correct course of action."

The decision for the change of hours was based on tangible data collected through patrons scanning their Identification Cards at the facility, said Ernest Johnson, Sports and Fitness Director.

Statistics from RecTrac, a system that
(Fitness continued on page 10)

Coming soon to a theater near you...



By Bethany Yost,
USAG Bamberg Public Affairs

A year ago Joyce Dodson, an Army veteran and spouse from Bamberg, was a recording artist only in her dreams, but now she's living and breathing that dream. Thanks to "Operation Rising Star", a military imitation of FOX's hit show "American Idol," Dodson enjoyed a trip to Los Angeles to record a three-song demo in a professional studio.

"It was a great experience," said Dodson. "I had awesome technicians around me that were very gifted in their craft. I felt so comfortable."

With her husband accompanying her, Dodson not only had the chance to record in a professional studio, but to attend the 2008 Grammy Awards. Despite the glamour and fame, the Rising Star experience wasn't an easy ride.

To be a successful contender it takes determination, skill, a gift for singing, and a love for the military said Dodson.

Even though her reign as Rising Star's champion is coming to a close as this year's competition is heating up, Dodson continues to work on her music.

(Star continued on page 10)

Tim Hipps

Joyce Dodson, 2008 Rising Star winner, records her three song demo CD after winning the competition last fall. Dodson encourages anyone interested in the competition to try and get some experience with recording equipment before they compete.



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U.S. Army Garrison
Bamberg, Commander

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All MWR Programs provide reasonable accommodations for individuals with special needs. For assistance please contact the facility manager prior to your visit.

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Assessment to grade Army Family Covenant success

HEIDELBERG, Germany - From mid-July through September, The United States Army in Europe and Installation Management Command Europe Region will join forces to evaluate just how well the Army Family Covenant is meeting the needs and expectations of Soldiers and families in Europe.

The Army Family Covenant Assessment (TAFA) in Europe is the first initiative of its size and scope in the Army. It is a holistic approach designed to study and evaluate the effectiveness of the full range of AFC programs and services. The goal is to maximize the positive impacts for Army Families in Europe.

The assessment begins in July with pre-defined focus groups drawn from the seven garrisons across Europe that have been most impacted by recurring, extended deployments: United States Army Garrison Weisbaden, Stuttgart, Ansbach, Schweinfurt, Bamberg, Grafenwoehr, and Vicenza. On-site facility visits and inter-

views will be conducted spanning a wide range of uniformed and civilian individuals represented in Family Readiness Groups, Better Opportunities for Single Soldiers programs, and commanders and command sergeants major.

The focus group assessment will be followed up in August with an online survey that anyone in Europe will be encouraged to complete.

The survey will focus on gauging community satisfaction with all aspects of Covenant-related programs and services, from health care, housing, and youth services, to single Soldier programs and other Morale, Welfare and Recreation and quality of life programs.

Stay tuned for more information at your garrison that will direct you where and how to access the survey to ensure your voice is heard to improve future programs and service

Operation Healthy Bamberg

Tips for Healthy Eating

- **Bread: pick 100% whole grain or anything that isn't too soft**
- **Stay away from microwaveable meals and make fresh meals at home**
- **Steam vegetables, they'll retain more nutrients**
- **Drink low or no-fat milk**
- **Eat dark chocolate in moderation**

*By Jocelyn Bright and Bethany Yost,
USAG Bamberg Public Affairs*

High-fructose corn syrup. Monosodium glutamate. Caramel color. What do these ingredients have in common? They are in some of the most-commonly bought foods in America. Whether getting food at the local burger shop or the grocery store, do people really know what they're putting into their bodies? More importantly, do people actually know what's healthy and what isn't? Do people care?

Your first step in becoming healthier is knowing what to eat and how to eat responsibly. Researchers from Loyola University Health System recently found a healthy diet is more important than exercise when it comes to weight loss or even maintaining a healthy weight. Of course, a healthy diet coupled with exercise has its benefits, but first things first: clean up your diet and then worry about working off those calories.

So what are people doing wrong? They're going for taste over substance, said Jessica Molinar, Assistant Grocery Manager at the Bamberg Commissary.

"Everybody wants the sugar; everybody wants the fat," she said. "You need the unhealthy fats for your body, just not large portions."

Molinar also warns against foods that promote themselves as healthy or all natural, like many American cheese products.

"I've never seen a cow give orange milk before," she said. "Artificial flavoring, artificial coloring; it's not that healthy."

So, how do we nourish our bodies without

falling for advertising scams? Simple: try to go organic.

Many believe organic is just another marketing ploy or organic food instantly means that it is healthier than regular food. What makes food organic is the lack of pesticides used during growth and production. These foods tend to be safer to your body as they are more natural and without harmful processed substances.

"We try to introduce (customers) to the organic food," Molinar said. "But a lot of people can't afford organic."

For those that can't, Molinar suggests that you look for WIC (Women, Infants, and Children) approved items. WIC, a program designed to provide low income families with more nutritional food, conveniently—for those not on the program—places stickers on food items with more nutritional value and less sugars than other products.

When trying to eat healthy, another important aspect is to try and make meals from scratch, said Molinar. This way you know what's in it.

She also suggests having your family help with the preparation; this way, not only do you get a healthy meal, you get quality time with your family.

Not everyone's a nutritionist and many have trouble selecting the right products. The staff at Bamberg Commissary is there to help.

"We go through nutrition courses to try to make sure we can help our customers," said Molinar. "You can eat healthy food here; you just have to know where (to get it), and if you don't, that's what we're here for."

Community Announcements

NOTICE: Please send all announcements to Bamberg Public Affairs via the following website:
<http://www.bamberg.army.mil/mobi/form.asp>.

Automotive Skills

The next semiannual Automotive Service Excellence exams will be given at the Bamberg Education Center Nov. 5, 10, and 12. The registration deadline is Sept. 23. If you are interested in achieving ASE certifications, please come by our office and pick up a registration packet. For more information, call 469-7715.

Actor/Actress auditions

Stable Theater is calling for auditions for the One Act Plays, which is Sept. 2 and 3 at 6:30 p.m. One Acts provide a short-duration opportunity to try out theater and get an inkling to test your acting chops, or help with tech backstage. Come join the Stable family. This year's plays are all geared for adults and older teens. For more information, call 0951-300-8647 or email jack.austin@eur.army.mil.

Red Cross Blood Drive



Aug. 11 at Building 7050
WHO CAN DONATE

- ◆ **Healthy Soldiers and Family members over 18 years old**
 - ◆ May donate every 3 months
- ◆ **If you have been back from deployment**
 - ◆ Iraq 3 months (12 weeks)
 - ◆ Afghanistan 6 months (26 weeks)

**For More information,
 call 0951-300-1760**

Pro Shop Sale

Come to the Whispering Pines Golf Pro Shop and save money at the summer sale. Save up to 20 percent on all merchandise from now through Aug. 15. The golf pro shop is open Tuesdays to Sundays from 9 a.m.-7 p.m. and Fridays 9 a.m.-1 p.m. For more information, call the pro shop at 469-8953.

Yard Sale Process

Do you know the process for getting permission to have a yard sale on post? To receive a request form, call 469-8573 or email Duane.Kozel@eur.army.mil. Once approved, applicants can have the yard sale. Only four yard sales are allowed per year.

Flea Market

The next Flea Market and Second Hand car sale will be Aug. 26 from 1 - 5:30 p.m. at the Freedom Fitness Facility. Registration for this event is at the Community Activity Center. Each table rented is \$5. There is no fee to register a vehicle but it does require a registration form. The vehicles from the disposal board will go into the second-hand car sale through Morale, Welfare and Recreation Auto Crafts. For more information, call 469-8573 or 469-7546.

Change of Command

The 391st Combat Sustainment Support Battalion will have a change of command ceremony on July 24 at 10 p.m. at Freedom Fitness Facility. For more information, call 469-7079.

USAG Bamberg MWR Community
EXPO 2009
Expand your Network!
Wed. Aug. 26
2-5:30 p.m.
Freedom Fitness Facility
 Go to www.bamberg.army.mil/sites/mwr to sign up or send an e-mail to mwrexpo2009@googlemail.com to order the application form.

Free Food

Bamberg Recreation Center will have a Customer Appreciation Day July 28 at 11:30 a.m. The community activities center staff is celebrating their valued customers by providing a free hamburger or hotdog between 11:30 a.m. and 1:30 p.m. on that day. For more information, call 469-8659.

ACS Classes

- Battlemind for Spouses Training is Aug. 6 from 10 - 11:30 a.m. in Building. 7487. Learn how to be mentally prepared to deal with the negative effects that deployments can have on families.
- Enrichment & Cross-Cultural Workshop - Aug. 20 from 9 a.m. - 1 p.m. in Building. 7047, Room 307. Free Sight-seeing Tour Call ACS-Relocation office for more details.

Volunteer

The American Red Cross is seeking volunteers to help at the next blood drive on Aug. 11 from 10 a.m. - 5 p.m. We need help to register donors, issue gifts and serve refreshments in Building 7050. For more information, call 01931-6878744 or email betina.buschmann@web.de.

Rising Star talent competition

Show your talent and win money at the 2009 Operation Rising Star talent competition! Preliminaries will be Aug. 14, at 7 p.m. at Bamberg Stable Theater. Finals will be held Sept. 18 on stage at the Soldier Family Appreciation Day. The competition is open to all active duty and reserve and family members over 18 years of age. The most spirited unit or Family Readiness Group has the chance to win \$300. Cash prizes will go to the top three winners of the competition. Register by Aug. 12 at the Stable Theater. Contact your First Sergeant or FRG leader for registration forms, look for the Operation Rising Star Logo at the MWR home page (www.bamberg.army.mil/sites/mwr) for more details and official rules or call Stable Theater at 0951-300 8647.

Student Welcome Week

Student-to-Student Welcome Week is Aug. 17-21 at Building 7669 from 9 a.m. - 3 p.m. The program is for new students in grades seven through 12.

The program is designed to assist them with their transition to a new country, community and school. Please register your new student for this week at the Child, Youth and School Services Central Registration Office, located next to the JFK Multiplex. For more information, call 469-7716.

54th Engineer Change of Command

There will be a battalion change of command for the 54th Engineer Battalion on Sept. 11 at 9 a.m. at the Freedom Fitness Facility. The alternate location for the ceremony will be at Summerall Field. For more information, call 469-8657.

Chili Cook Off

Come to the Munich Texas Chili Cook Off on Aug. 1. Come listen to country music and other entertainments or compete in this year's competition. For more information, call 0151-270-51415 or visit www.chilicookoff.de.

Red Cross Comfort Cart Program

The American Red Cross Bamberg is seeking donations to help run the Comfort Cart Program at the Bamberg Klinikum. Red Cross volunteers visit American patients to deliver bottled water, magazines, books, board games, playing cards, writing tablets, pens, coloring books and crayons for children. To donate any of these items or make a financial contribution, please visit the Red Cross office, room 113 in the ACS building. For more information, call 469-1760.

Deployment Excellence Award nominations

The Deployment Excellence Award (DEA) program was established in 2000 to recognize Army units for outstanding accomplishments that meet or exceed Army deployment standards. Deploying, redeploying and deploying supporting units or agencies are fully qualified to self-nominate for the award based on their deployment, redeployment, or deployment support process. Nomination packets are due to U.S. Army Europe by Jan 8, 2010. Units interested in applying for the 2010 award are encouraged to contact Aaron Burr by email at aaron.burr@eur.army.mil or call 370-5407.

Weekly Reminders

Bamberg Spouses and Civilians Club

Volunteer opportunities are available with the Bamberg Spouses and Civilians Club. Standing Chair positions are available for the 2009-2010 year. If you're interested in a position, email president@bsccgermany.com.

Veterinary Facility hours correction

Veterinary Office corrected hours are Monday through Wednesday from 8 a.m. - 4 p.m., closed Thursday. Fridays 8 a.m. to 12 p.m.. No walk-in appointments are available. The clinic is closed on the last weekday of each month for inventory. The clinic is also closed on all American and training holidays. Over the counter products and prescriptions may be purchased during regular business hours. For more information or to schedule an appointment, call 0951-300-7972.

Clinic hours

The Bamberg Health Clinic hours of operation are as follows: Monday through Thursday sick call is from 7 - 8 a.m.; full service is available from 7:30 a.m. - 4:30 p.m. On Fridays, sick call is from 7 - 8 a.m. and full service from 7:30 a.m. - 12 p.m. We are closed on Friday afternoons for mandatory training. The Health Clinic is also closed on federal holidays and weekends. For more information or if you need to make an appointment, call 469-1750 / Civilian 0951-300-1750. If you have a medical emergency, call the Bamberg Military Police at 0951-300-114. You

may also call the TRICARE Nurse Advice Line at toll-free number 00800-4759-2330, 24 hours a day, seven days a week to talk to a nurse about your health care concerns, get self-care advice to help you feel better now, schedule appointments with your military provider, and arrange a phone call with your provider.

Pre-Separation briefing

Planning to move from Soldier to Civilian? Take advantage of the transition services offered by the Army Career and Alumni Program, such as a Department of Labor two-and-a-half day job assistance workshop, help with resume preparation, and information about your veterans benefits. Make an appointment to attend the mandatory ACAP Pre-Separation Briefing. The briefing is held weekly and takes about an hour. Separating Soldiers can start the ACAP process one year before separating. Soldiers who will be retiring can start two years out from their projected retirement date. Take the first step by calling ACAP at 469-8925 or 0951-300-8925.



Daily Bowling Specials:

- Color Pin Bowling: Fridays, 4 p.m.-midnight. Win prizes when hitting a strike while the colored pin is in No. 1 position.
- Family Day: Sundays, 12-8 p.m. Kids bowl free when bowling with an adult.
- Mid-Day Madness: Saturdays, 12-4 p.m. All Bowling Games for 50 Cents!

Thursday, 11 a.m.-10 p.m.
Fri. and Sat. 11 a.m.-12 a.m. (midnight)
Sun. 12 p.m.-8 p.m.
Mon. Tue. Wed. CLOSED
Holidays on Mondays 12 p.m.-8 p.m.

JENNY'S SNACK BAR

located at the Bowling Center
American and German Specialties

Car Pool Lane

Grafenwoehr to Bamberg

Need person to share drive from Grafenwoehr to Bamberg, Monday through Friday. Leave Grafenwoehr at 6 a.m., return at 4 p.m. For more information, call 01714991000.

Closures / Changes

Tax Center

The Bamberg Tax Center will be closed Aug. 6 for training. For more information, call 469-8262.

Passport Office closed

The Bamberg Passport Office is open for appointments only now through July 31. For emergencies (SOFA Cards, Red Cross messages, etc.) call Mr. Steward at 469-7611 to schedule an appointment. Tourist Passports for leisure travel are not an emergency. POC for this action is Lorraine Nobes, MPD Chief, at 469-7522.

Vehicle Registration

The Vehicle Registration Office will be closed July 31 at noon due to annual inventory. For more information, call 469-7580.

Service office move

The U.S. Army Garrison Bamberg Retirement Services Officer /Casualty Manager has relocated to Building 7290, Room 208, right next to Burger King. For more information, call 0951-300-7514.

Community Activity Center hours change

Bamberg's Community Activity Center operational hours are:

- Monday - Friday 8 a.m. - 8 p.m.
- Saturdays 11 a.m. - 6 p.m.
- Sundays Closed (Effective Aug. 16, the CAC will be open on Sundays from 11 a.m. - 6 p.m.)

Fitness Hours

The Freedom Fitness Facility opens at 8 a.m. and closes at 4 p.m. on Saturdays, Sundays, training holidays and federal holidays. For more information, call 469-9086.

ACS hours of operation

Army Community Service is open Monday through Friday from 7:30 a.m. - 4:30 p.m. The office is closed on federal holidays but open on training holidays.

Health and Fitness

Fitness Challenge

Freedom Fitness Facility continues the Freedom Team Challenge and will have Part II: The Summer Challenge on July 29 at 6 p.m. at the Warner Barracks softball field. Teams will compete in five events for a combined distance. The events are the football throw, softball hit, soccer ball kick, discus throw and shot put. A different member of the team must participate in each of the five events. The winning team will receive the Freedom Challenge Cup Trophy, which will be on a rotating basis until the next challenge. This event is open to Active Duty Soldiers only. Participation is free. For more information, call 469-7597 or email charles.williams@eur.army.mil.

Thursday Golf

Whispering Pines Golf Course has a night scramble every Thursday at 6 p.m. It is a nine-hole team event. Best ball counts and the entry fee is \$5. For more information, call 469-8953.

Lady Golfers

Whispering Pines Golf Course invites all female golfers to the Women's Scramble. Every Wednesday at 6 p.m., Whispering Pines Golf Course will have this 9-hole team event. Best ball counts and the entry fee is \$5. For more information, call 469-8953.

Family strengths and stresses

Army Community Service, Family Advocacy Program is here to provide help and support by offering a New Parent Support Program, Newborn Network, Play Group, Parenting Classes, Communication Classes, Victim Advocacy, and Stress and Anger Management Classes. For more information, call 469-7777 or 0951-300-7777.

THE STABLE THEATER PRESENTS



COYOTE TALES

CHILDREN'S SUMMER PRODUCTION

Thur-Sat July 23-25, 7:30PM

Sun July 26, 5:30PM

Presale tickets \$9/\$7

Family discounts & deployment specials!

Stable Theater
Bldg. 7119, USAG Bamberg
469-8647/0951-300-8647

Entertainment and Leisure

Fall Hunting Course

Obtain a German Hunting License and hunt for game not offered in the states. Along with hunting, you gain the privilege to purchase firearms. A 60-hour course starts Sept. 14 at Golf Course Conference Room. The class meets every Monday, Thursday and most Saturdays. There is no class on federal holidays and training holidays. Fridays are range days. The cost for the course is \$150. Additional fees are range insurance, shotgun shells, rifle shells and range fees. For more information, email bambergfishing@eur.army.mil.

Club Championship

Become the Bamberg Whispering Pines Golf Course champion of 2009. The competition is Sept. 19 and 20 starting 9 a.m. The cost is \$35 for members and \$45.00 for non-members. The first day for the club championship is the handicap round and the second day is match play. Prizes go to first, second and third place. Sign-up fee includes barbecue at the end of the event. For more information, call 0951-300-8953.

Combat Golf

Come enjoy the competition at Whispering Pines Golf Course, Freedom Fitness Facility and Birchview Lanes Bowling Center Aug. 22 at 9 a.m. Three-person teams will compete in a Morale, Welfare and Recreation triathlon where one team member will golf, another bowls and the last competes in a fitness competition. Best overall result wins. Entry fee is \$15 per person.

Picnic and a Movie

Come watch a movie and have a picnic Aug. 19 at 5 p.m. with items from the Cool Beans cafe at the Community Activity Center. Two movies will be shown a child specific and a PG13 rated movie. Specialty sandwiches in a combo meal will be available for purchase. No outside food allowed. Bring a blanket and pillow. For more information, call 469-8659.

Outreach KONTAKT Club events

The Outreach KONTAKT Club is an Army in Europe program designed to promote German and American friendship and is always looking for new members. We have regular meetings, local get-togethers and go on fun trips every month. In July, the club will sell coffee and cake to raise funds and will have a flea market in the future. We are collecting donations for this flea market. Also the Club will visit the military museum in "Stammheim" near Schweinfurt. The club is planning a trip to Munich in Autumn. The Outreach KONTAKT Bowling team bowls every Friday at 7p.m. at Birchview Lanes on post. Every Thursday our music group meets at 8 p.m. at the KONTAKT clubhouse on the Airfield. For more information, call the German president Klaus Kirchhof at 0951-24378 or email b.k.kirchhof@web.de or the American project officer Capt Jamel R. Carr at 0951-300-7489 or email jamel.carr@eur.army.mil.

Photo Tour of Bamberg

Do you want to learn the basics of photography while seeing the local sites of beautiful Bamberg? The Portrait Studio is offering a beginner's photography class and walking tour of Bamberg. This opportunity on Sept. 26 will take you on a fun journey through Bamberg while you learn some of the basics of photography. Make sure you bring your own camera, comfortable walking shoes, euro for snacks and plenty of ideas. We will be leaving from the Portrait Studio in the Community Activities Center at 12:30 p.m. You must sign up

for this trip at the CAC front counter. The cost is \$20 per person. For details, call 0951-300-8659.

Youth and Teens

Youth Golf

You are never too young to become a golfer! Whispering Pines Golf Course will have a Youth Opener Scramble Aug. 4 at 9 a.m. The event is open to children and youth ages 3-18 years. Players will be placed in three different divisions, ages 3-5, 6-12 and 13-18 years. Prizes go to first, second and third place. Children under 12 have to be accompanied by an adult. The entry fee is \$25, which includes barbecue after the nine-hole tournament. For more information, call 0951-300-8953.

Girl Scouts Registration

Join Bamberg Girl Scouts today. Registration is ongoing and open to girls from Kindergarten – 12th grade. For more information, call 0160-299-8766.

Youth Summer Trips

Permission slip required for all trips. Participants need to sign up a week prior to the start date. Call 0951-300-8345. Current CYS Services registered youth and their guests, visiting children of all eligible personnel and children of active duty military, DoD Civilians and other eligible personnel are all eligible to participate in these outings.

Art Camp: Two-Dimensional Design (6-8 Grade) - \$40
Date: July 27-31, 1:30 p.m.-4:30 p.m.

Art Camp: Oil Painting (9-12 Grade) - \$40
Date: Aug. 3-7, 1:30 - 4:30 p.m.

Trips drill Park (6-8 Grade) - \$55
Date: Aug. 11, 5 a.m.-9 p.m.

Salzburg, Austria (7-12 Grade) - \$50
Date: Aug. 13, 5 a.m.-11 p.m.
*Passport Required

Teen Hired Apprentice program

Students graduating from high school are facing profound social, technological, and economic changes. To meet the employment and career exploration needs of today's youth, the Hired Apprentice program was created. Child, Youth and School Services has partnered with Morale, Welfare, and Recreation to provide 15 - 18 year olds with career exploration opportunities. It offers valuable paid work experience and training to better equip each participant with the skills needed for a highly competitive job market. The program consists of four 12-week terms that are repeated annually. The second term begins Sep. 8. Youth will be placed with a mentor in a MWR facility that will provide exploratory work experience that aligns with a specific collegiate or vocational course of study. Educational incentive awards are available for those youth who successfully complete the 12-week term. Youth interested in becoming an apprentice for the fall term beginning Sept. 8 are required to attend one day of training to complete the prerequisite portion of the application. Training dates in Bamberg are Aug. 19 and Aug. 21 from 9:30 a.m.- 4:30 p.m. at the JFK multiplex. Youth must attend the whole day of training to earn credit. Applications are due by Aug. 21. For more information, call 469-8345 or visit <http://www.bamberg.army.mil/sites/mwr>.

Bowling Fun

Sign your children up for the new kids league on Saturdays. Through Aug. 22, kids can win

a bowling ball. The league is 11 a.m. - 6 p.m. The kids do not have to all bowl together; they can come in individually to bowl. Registration is \$30 for the first week and \$10 per week thereafter. Children get their pick of a T-Zone Conventional Urethane Ball, to be ordered the last half of the "league".

Bamberg School Age Services Hourly Care



ARMY FAMILY COVENANT: KEEPING THE PROMISE



For more information
or to reserve a space,
call
**Bamberg School Age
Services at 469-8698.**

Hours of Operation

Monday - Friday 5:45 to 8 a.m. and 2:45 to 5:45 p.m.
School Out Days: 5:45 a.m. to 5:45 p.m.

Hourly Rate: \$3 / hour

- 16 Hours Respite Care for Families of Deployed Soldiers 30 day prior to deployment, during deployment & 60 days after deployment. Additional Hours \$2.
- 5 Free Hourly/Open Recreation Hours for children not enrolled in Before & After Program Per month

Continuing Education

University of Phoenix Information Sessions

University of Phoenix will hold an Information Session on July 28 at 12 p.m. at the Bamberg Education Center. Come learn about our graduate programs, meet current students, enjoy refreshments, and find out about our upcoming face-to-face classes. RSVP is required! Call 469-9280 or CIV 0951-208-5350 or email Leah.Gransbery@phoenix.edu to reserve your spot. Attendees will receive a waiver for their graduate application fee.

University of Phoenix Registration

Register now for University of Phoenix classes. University of Phoenix offers MBA (Master of Business Administration) & MAED (Master of Arts and Education) programs. For more information, call 469-9280, 0951-208-5350 or email Leah.Gransbery@phoenix.edu. The following on-site class is open for enrollment:

MBA

- MGT/521 - Management (3 credits), Aug. 10 - Sept. 21 on Wednesday evenings from 6-10 p.m.

German 101

Free Introduction to German is every Monday at noon at the community library. Participants will learn some German words and phrases. For more information, call 469-1740 or 0951-300-1740.

Spouse Scholarship

UMUC Europe announces a new \$5,000 military spouse scholarship that is available starting this summer 2009 session. Spouses of active-duty, Reservist, National Guard, or retired service members (enlisted or officer) are eligible to apply. Please visit www.ed.umuc.edu/militaryspouse for complete details and information on the application process. Financial aid information and application materials for the

upcoming 2009-2010 academic year are now available. For more information on registration, scholarships, book awards, and more, visit www.ed.umuc.edu or call 314-370-6762 or 06221-3780.

Education Pilot Program

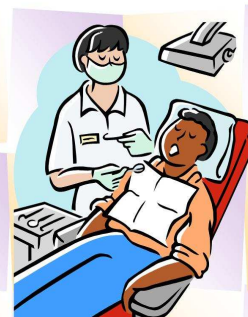
The Army has been selected by Congress to participate in an education pilot program designed to provide additional ways to expand education opportunities. Soldiers serving on active duty, to include National Guard and Reserve Soldiers on extended active duty, may acquire technical, vocational, or advanced training. This program is intended to provide training in high-demand career fields to help Soldiers find employment after they transition out of the Army. Army Education is working with technical and community colleges throughout the United States to build upon existing programs and develop new pilot re-training in career occupations such as rehabilitation, nursing, medical technology, and other health care occupations. For more information, visit the Army Vocational/Technical (AVOTEC) Web site at https://www.hrc.army.mil/site/education/VOTEC_Program.html.

University of Phoenix

The University of Phoenix is open Monday through Friday from 9:30 a.m. - 2 p.m. It is located at the Warner Barracks Army Education Center, Building 7047, Room 309. Leah Gransbery, University of Phoenix field representative, can help you start your MBA or MAED program. Online and on-site courses are available and degrees can be achieved in 15 - 24 months. For more information, call 469-9280 or 0951-208-5350.

University of Oklahoma classes

The University of Oklahoma offers masters degrees in Human Relations and International relations. On-site classes are held in Ansbach/Vilseck/Hohenfels in a six-day intensive format. Please check our IR interest survey at <http://www.gouu.ou.edu/europe/vilseck.html>. For more information, call the OU site director at 467-3325 or 09802-83-3325 or email apansbach@ou.edu.



Volunteer and Learn a Career

Visit your local Red Cross office to pick
up an Application for the
Dental Assistant Apprenticeship Program
Hope to have you join our Team!

Applications should be submitted by July 31

Bamberg Red Cross 469-1760 or 0951-300-1760
Bamberg Dental Clinic 469-1720 or 0951-300-1720

Trips and Travel Opportunities

Take a trip with Bamberg Outdoor Recreation in Aug. and Sept.

You must register for these trips by the Monday before the scheduled leave date or they may be cancelled. To sign up or for more information, please come to Outdoor Recreation, Building 7047 or call 469-8659/7450 or 0951-300-8659. All trips depart and arrive at Community Activity Center (CAC) unless otherwise noted. No refund will be given for no-shows. Military duty restraint or illness will be refunded with documentation.

Aug. 1 Main River Paddle \$20
Enjoy a relaxing day on the Main River with Outdoor Recreation. Please wear a swimsuit, sandals and bring a lunch. The trip includes transportation, equipment and instruction. The trip departs at 9 a.m. and returns at 4:30 p.m.

Aug. 5 Local Bike Ride Free
Blow off some steam after work with a quick ride through the local trails. Bikes are available from Outdoor Recreation for \$5. Wear athletic clothing and sneakers and bring water. The trip departs at 5:30 p.m. and returns at 7 p.m. Price includes a guided tour of the city.

Aug. 6 Tour Under Bamberg \$20
This unique trip through tunnels under Bamberg gives you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, please wear appropriate clothing and bring a flashlight. The trip departs at 5 p.m. and returns at 7:30 p.m.

Aug. 8 Mountain Bike Race \$25
Think you have what it takes to ride with the big dogs? Find out at the U.S. Forces Europe Mountain Bike Championship Race Series. With many categories and great prizes, this will be an awesome race. Come ride or just watch. Need a bike? Outdoor Recreation has you covered. For more information, call 469-8659.

Aug. 15 Rothenburg City Tour \$20
Visit the well-preserved medieval old town of Rothenburg, the city during the Middle Ages known as an Imperial Free City. Tickets for adults are \$20. Children ages 4-12 years are \$10 and children less than 3 years old are free. The trip departs at 8 a.m. and returns at 7 p.m. Price includes a guided tour of the city.

Aug. 22 Europa Park \$20
Enjoy the adventure of Europa Park. Come ride the rollercoaster or enjoy a day at the amusement park. Tickets for adults are \$20. Children ages 4 - 12 years are \$10 and children less than 3 years old are free. The trip departs at 5 a.m. and returns at 11 p.m. Visit www.europapark.de for details.

Sept. 3 Tour Under Bamberg \$20
This unique trip through tunnels under Bamberg gives you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, so please wear appropriate clothing and bring a flashlight. The trip departs from the ODR at 5 p.m. and returns at 7:30 p.m.

Sept. 3-7 Karwendel Hutte Hike TBA
This 4-day hike in the Austrian Alps includes overnight stays in 3 traditional mountain huts and approx. 6 hours of moderately difficult hiking each day. The trip departs from the ODR at 5:30 p.m. on Sept. 3, and returns at approx. 10 p.m. on Sept. 7.

Sept. 12 Berlin City Tour \$20
Learn about Germany's capital city with a guided bus and walking tour. Then experience the local culture with shopping, dining, and museum visits. It will cost \$30 for children ages 4-12; ages 3 and under are free. The trip departs the Chapel parking lot at 4 a.m. and returns at approx. 11:30 p.m.

Sept. 12 High Ropes Challenge TBA
Spend quality time with family and friends on a local high ropes course. There are activities for all ages and levels of courage. The trip depart from the ODR at 9 a.m. and returns at approx. 4 p.m.

Outside the Gate

Weekend Events in and around Bamberg July 24– Aug. 2, 2009

Friday, July 24

- 5 p.m. "9th Bamberg Oldtimer Meeting" the Aero-Club Bamberg is hosting the aviation event at the air field Bamberg-Breitenau. Experience historical aircrafts from all over Europe.
- 8 p.m. "Helt Oncale" musician from New Orleans performing live at Blues Bar, Obere Sandstraße 18, Bamberg
- 9 p.m. "Parranda, The Jesters & The Cute's" live concert with three bands at Live-Club, Obere Sandstraße. 7, Bamberg
- 11 p.m. "Mojow & J.S. Birthday Party" at Mojow-Club, Obstmarkt 8, Bamberg (11:00 p.m. -12:30 a.m. cocktail happy hour)

Saturday, July 25

- 12 p.m. "Saturday Concert" organ concert at the cathedral Bamberg, Domplatz, Bamberg
- 6:30 p.m. "Castle concert and wine fest" at the castle court yard (Schloßplatz), 96191 Trunstadt
- 7 p.m. "World Heritage Ball" experience an elegant summer ball with live band and exquisite gala buffet at Haas-Säle, Obere Sandstraße 7, Bamberg - tickets available at <http://www.bvd-ticket.de>
- 8 p.m. "Barry P. Foley" live country music at Blues Bar, Obere Sandstraße 18, Bamberg
- 11 p.m. "Mojow & Jackson Birthday Party" at Mojow-Club, Obstmarkt 8, Bamberg (11:00 p.m. -12:30 a.m. cocktail happy hour)
- 11 p.m. "SCHWOF" various live bands and DJ rock party at Live-Club, Obere Sandstraße 7, Bamberg

Sunday, July 26

- 10 a.m. "9th Bamberg Oldtimer Meeting" the Aero-Club Bamberg is hosting the aviation event at the air field Bamberg-Breitenau. Experience historical aircrafts from all over Europe
- 10 a.m. Open house at the German National Museum in Nürnberg – invitation to the exhibition "Art and the cold war", English tours at GNM, Kartäusergasse 1, 90402 Nürnberg
- 11:30 a.m. "Altenburg day" concert with the Don Bosco Band and 17th Altenburg run at Altenburg castle, Bamberg
- 8 p.m. "Summer serenade at Schloss Seehof" concert at the orangerie of Seehof castle, 96117 Memmelsdorf

Monday, July 27

- 7 p.m. Piano-Live at Hofbräu Restaurant & Bar, Karolinenstraße 7, Bamberg
- 10 p.m. "SCHWOF" the cult disco party, all drinks are half price at Live-Club, Obere Sandstraße 7, Bamberg.

Friday, July 31

- 6:30 p.m. "Don Juan" (in German) opera at Marionette-Theater, Untere Sandstraße 30, Bamberg – tickets at <http://www.bvd-ticket.de>
- 7:30 p.m. "Summer serenade at Schloss Seehof" cello concert at the court yard of Seehof castle, 96117 Memmelsdorf
- 11 p.m. "It's funky time!" with DJ Jackson at Mojow-Club, Obstmarkt 8, Bamberg (11:00 p.m. -12:30 a.m. cocktail happy hour)

Saturday, August 1

- 12 p.m. "Saturday concert" organ concert at cathedral Kaiserdom Bamberg, Domplatz, Bamberg
- 6 p.m. "Summer at Wernsdorf castle" medieval music at Wernsdorf castle, Zur Schleifmühle 4, 96129 Wernsdorf – more info at <http://www.capella-antiqua.de>
- 6 p.m. "U16 Party" first time in Bamberg – a party for teens 12-16 years at Live-Club, Obere Sandstraße 7, Bamberg
- 7 p.m. "Dr. Faust" (in German) play at Marionette-Theater, Untere Sandstraße 30, Bamberg – tickets at www.bvd-ticket.de
- 7:30 p.m. "Rose garden serenade" classical music with members of the Bamberg Symphonic Orchestra at the rose garden, Domberg, Bamberg
- 7:30 p.m. "Summer serenade" live classical music (Mozart serenades) at Seehof castle, inner court yard, 96117 Memmelsdorf - tickets at <http://www.bvd-ticket.de>
- 8 p.m. "Scarlet Road" live rock music at Blues Bar, Obere Sandstraße 18, Bamberg
- 10 p.m. "Saturday SCHWOF" various live bands and DJ rock party at Live-Club, Obere Sandstraße 7, Bamberg

Sunday, August 2

- 11 a.m. "Summer serenade at Schloss Seehof" concert at the orangerie of Seehof castle, 96117 Memmelsdorf
- 4 p.m. "Summer at Wernsdorf castle" medieval music at Wernsdorf castle, Zur Schleifmühle 4, 96129 Wernsdorf – more info at <http://www.capella-antiqua.de>

ICE -

Bring your experience to our attention
http://ice.disa.mil/index.cfm?fa=site&site_id=202

(COC continued from page 1)

After several months of what Gahol called "aggressive recruitment" of medical staff, the clinic was able to reach the 100 percent mark.

Out-patient satisfaction survey results "have increased to 98.3 percent, the highest in Bavaria," he said. "My staff and I made a commitment to the community that we will ensure the health and well-being of our beneficiaries and we will continue to strive to provide high-quality medical care, whether it is done at the health clinic or in the host nation medical facilities. This strong commitment to the community finally paid off."

A small group of 15 Soldiers represented the formation, led by Sgt. 1st Class Richard C. Butler.

Gahol recognized Butler, saying he was proud of the detachment sergeant's selfless service to the improvement of the health clinic.

"The U.S. Army Health Clinic Bamberg has accomplished many things in a two-year period," Gahol said. "I could go on and on with all of the positive things that we have done for the community. The accomplishment I would consider the most rewarding for me personally and for the community would be the significant improvement with our Access-to-Care standards. In a two-year period, we improved the ATC standards significantly by offering more appointments for the community."

The Reviewing Officer Col. Steven J. Brewster emphasized the success of the health clinic under Gahol's guidance.

"This is what we're here for, to prevent disease and illness; to promote health," Brewster said.

He said that letting a commander like Gahol go was not done without difficulty.

"It is difficult for me to say goodbye, but it is time for me to move on," Gahol said. "It has been a great pleasure for me to serve the Soldiers and family members of the Bamberg military community. The people in our community are wonderful."

The health clinic not only provides for Soldiers and families at Warner Barracks, but faces the challenge of serving those deploying and re-deploying. It also assists in enhancing the Warrior Transition Unit, as well as maintaining physical therapy services.

"Now the health clinic has the trust, respect and confidence of the community," he said.

Gahol's voice broke as he listed all those who supported his and the clinic's efforts for his two year reign.

"I would like to thank Lt. Col. (Gary A.) Rosenberg, and the U.S. Garrison Bamberg staff for their support of the health clinic in executing our mission," he said. "Without their unwavering support, we would not have been successful in our mission."

Patterson said he is ready to continue the success of the clinic and provide quality care to the post.

"It's always hard to follow excellence, but I hope to continue that tradition with the help of the Soldiers," he said.

Patterson then thanked Gahol for his service and guidance.

"Lt. Col. Gahol set a high standard of medical support by building up a staff which supports the needs of the population," he said.

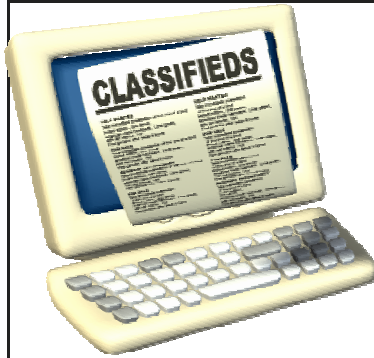
"Maintaining that staffing, especially our primary care providers, is the key to supporting the Bamberg military community. I look forward to meeting this challenge.

"As far as being back in Germany, I love it," he added.

It was a great opportunity to be given the chance to command an Army clinic, he said.

Born in Nürnberg, Patterson began his Army career in Schweinfurt, and served as the Executive Officer for the Department of Outlying Health Clinics at the Heidelberg Medical Activity. He has served at several U.S. posts, including Fort Wainwright in Alaska. His other overseas duty stations include three years in Taegu, Republic of Korea.

Bamberg Movie Schedule AAFE's Reeltime Theater is CLOSED Tue. and Wed.			
Thur.	July 23	The Soloist (PG-13)	7 p.m.
Fri.	July 24	X-Men Origins: Wolverine (PG-13)	7 p.m.
		Star Trek (PG-13)	9:30 p.m.
Sat.	July 25	X-Men Origins: Wolverine (PG-13)	3 p.m.
		I Love You Beth Cooper (N/A)(1strun)	7 p.m.
Sun.	July 26	Star Trek (PG-13)	3 p.m.
		I Love You Beth Cooper (N/A)(1strun)	7 p.m.
Mon.	July 27	I Love You Beth Cooper (N/A)(1strun)	7 p.m.
Thur.	July 30	X-Men Origins: Wolverine (PG-13)	7 p.m.
Fri.	July 31	Harry Potter And The Half Blood Prince (PG)(1strun)	7 p.m.
Sat.	Aug. 1	Harry Potter And The Half-Blood Prince (Pg)(1strun)	3 p.m.
		Harry Potter And The Half-Blood Prince (Pg)(1strun)	7 p.m.
Sun.	Aug. 2	Harry Potter And The Half-Blood Prince (Pg)(1strun)	3 p.m.
		Drag Me To Hell (Pg-13)	7 p.m.
Mon.	Aug. 3	Terminator Salvation: The Future Begins (Pg-13)	7 p.m.
Thu.	Aug. 6	Terminator Salvation: The Future Begins (Pg-13)	7 p.m.
Fri.	Aug. 7	Dance Flick (Pg-13)	7 p.m.
Sat.	Aug. 8	G-Force (Pg)(1strun)	3 p.m.
		Night At The Museum: Battle Of The Smithsonian (Pg)	7 p.m.
Sun.	Aug. 9	Up (Pg)	3 p.m.
		G-Force (Pg)(1strun)	7 p.m.
Mon.	Aug. 10	Land Of The Lost (Pg-13)	7 p.m.
Thu.	Aug. 13	Night At The Museum: Battle Of The Smithsonian (Pg)	7 p.m.
Fri.	Aug. 14	The Hangover (R)	7 p.m.
Sat.	Aug. 15	Imagine That (Pg)	3 p.m.
		My Life In Ruins (Pg-13)	7 p.m.
Sun.	Aug. 16	Aliens In The Attic (Pg)(1strun)	3 p.m.
		My Life In Ruins (Pg-13)	7 p.m.
Mon.	Aug. 17	Aliens In The Attic (Pg)(1strun)	7 p.m.
Thu.	Aug. 20	Imagine That (Pg)	7 p.m.
Fri.	Aug. 21	The Taking Of Pelham 1 2 3 (R)	7 p.m.
Sat.	Aug. 22	G.I. Joe: Rise Of Cobra (N/A)(1strun)	3 p.m.
		Year One (Pg-13)	7 p.m.
Sun.	Aug. 23	G.I. Joe: Rise Of Cobra (N/A)(1strun)	3 p.m.
		The Taking Of Pelham 1 2 3 (R)	7 p.m.
Mon.	Aug. 24	Year One (Pg-13)	7 p.m.
Thu.	Aug. 27	The Taking Of Pelham 1 2 3 (R)	7 p.m.
Fri.	Aug. 28	The Proposal (Pg-13)	7 p.m.
Sat.	Aug. 29	My Sister's Keeper (Pg-13)	3 p.m.
		The Time Travelers's Wife (Pg-13)(1strun)	7 p.m.
Sun.	Aug. 30	The Proposal (Pg-13)	3 p.m.
		The Time Traveler's Wife (Pg-13)(1strun)	7 p.m.
Mon.	Aug. 31	My Sister's Keeper (Pg-13)	7 p.m.



Please call us and tell us when you sell your item so we can remove the advertisement. Thank you.

ESTATE CLAIMS

Clark, Spc. Levi

Anyone having any claims on or obligations to the estate of Spc. Levi Clark of the 54th Engineer Battalion should contact the Summary Court Martial Officer 2nd Lt. Daniel Harder at 469-8472.

EMPLOYMENT

Bamberg Middle High School has vacancies for part time Education and Training Technician (Special Education Aide). Please visit our website at www.ed.dodea.edu or contact the school at 0951-300-8874 for more information.(07/23/09)

Bamberg Middle High School has vacancies for substitute teacher positions. Please contact the school at 0951-300-8874 for more information.(07/23/09)

Automotive Technology instructors needed. Central Texas College-Europe is accepting applications for Automotive instructors who have an Associate's degree or higher and a minimum of 5 years work experience in the maintenance field or a Bachelor's degree and a minimum of 3 years work experience in the maintenance field. For more information, call Sonia Rivera at 469-7467.

Bamberg Elementary School has openings for part-time Education and Training Technicians (Special Education Aide). For more information on our open continuous vacancies go to www.eu.dodea.edu.

The Bamberg Thrift Shop is currently seeking individuals to fill their Donations Manager position. This is a part-time position with no required job skills to fill, we will provide pre-hiring training. Applications can be picked at the cashier counter at the shop. If you have a strong desire to work but have time constraints that prevent you from holding a full-time job; this is the solution for you.

Job Openings at the Bamberg Thrift Shop Full time Cashier. Prior experience helpful, but not necessary; we will train you on the job. Must be comfortable with computer operation. Part time Book-keeper. Flexible hours, prior experience in accounting helpful. Must be familiar with the Quicken bookkeeping software. Applications can be picked up at the shop during store operation hours.

AUTOMOBILES

2003 VW Passat, US Specs, Automatic, 1.8L Turbo, A/C, power windows, alloy wheels, summer and winters tires, 60k miles for \$8,500. Call Jeremy at 0162-272-8674.(07/23/09)

1995 Lancia Delta, very reliable car, good gas mileage, manual transmission, new tires, 80k miles for \$2,500. Call Jeremy at 0162-272-8674.(07/23/09)

1999 Pontiac Grand Am GT Coupe w/ 130k miles. Red, 3.4 liter V6 Engine, Auto Trans, A/C, PW, PDL, Tilt, Cruise, AM/FM/CD w/ 5 Band EQ, Rear Spoiler, Bucket Seats, Daytime Running Lights, Fog Lamps, Remote Trunk Release, Power Driver Seat, Power Mirrors, Dual Air Bags, ABS, Keyless Entry, Viper Anti-Theft Alarm, Alloy Wheels w/Chrome Wheel Covers. US Specs. Inspection is good until Oct '09. Owned car since 2000, this has been my baby for the last 9 years, still in good condition. Just returned from Iraq and bought a new car. KBB is \$2510 selling for \$1500 firm. Please call 09512972062 / 015153967792 or email lan-guish73@gmail.com.(07/23/09)

Looking to sell a 2006 ZX10R Ninja. It was wrecked 2 years ago with only 1500 Miles. \$1500. OBO The bike is located at the Lemon lot on Post. The Lemon lot is across the street from the Laundry mat and next to the junk yard. Cell: 015158212854 Home: 09513013434.(07/23/09)

1996 Opel Astra, Blue, 98,000 KM, automatic, sunroof, two doors, one set of each summer and winter tires. Price: \$18,000 OBO. Call 0151-5323-3074 daytime and 0954-3419-0671 evenings. E-mail mnrobes2002@yahoo.com. (07/16/09)

2007 Dodge Caliber SXT, Manual Trans. with 22,000 miles. Sunburst Orange with Grey cloth interior. Excellent Condition. Remote power locks and windows, remote key-less entry. US specs. Great family car! Asking \$12,000 OBO. Please contact me at robert.c.larson@us.army.mil or call (0951)2088875.(07/09/09)

2004 BMW 325 CI For Sale Steel Blue Met., Gray Leather Interior, Cold Weather, Premium, and Sport Packages. Park Distance Control, Power Rear Sunshade, CD Changer, Alarm System, Set of Winter Tires. U.S. Specs, 70000 miles, Excellent Condition. Asking \$18000 Call 0179-5417915. (06/25/09)

MUST SELL 2005 Ford Expedition Eddie Bauer loaded. Seats 8, all power, all leather, heated & AC seats, rear entertainment system, power rear folding seats, custom mats, 6 disk cd changer and much more. \$18,850 OBO (Priced below payoff) 0160-495-9647 or keephim1124@yahoo.com

2000 VW Golf Original Owner. Well maintained. 1.6 l engine German Specs. 4 door Hatchback Blue. Standard Transmission. Just 85,000KM (approx. 51,000miles). Available 6/22 \$5800.00. Call 0951 2975807 after 1700 0951 303 9816 week days or Email: casalagovt@hotmail.com.

1983 Honda Silverwing motorcycle, low miles, very good condition, extra brake pads and logos. Currently registered non-op due to no bike license. Needs battery. Runs great! Asking \$1000 OBO Call or email Stephanie at 01705883916 or 09512972052, screech_n_carmie@yahoo.com.

1997 Pontiac Firebird, 99K miles, silver, t-tops, manual transmission, good all-weather tires, alloy rims, new power steering pump, new full clutch assembly, added speaker. Runs great! Good gas mileage for a 6 cyl. Hate to let it go but must sell. 3 kids 2 rear seat belts doesn't work! Asking \$4550 (NADA retail price) O.B.O. Call or email Stephanie @

01705883916 or 09512972052, screech_n_carmie@yahoo.com
92 Jeep Wrangler, Black & Chrome. Call 0171/2750492 or email a.perkins@t-online.de

Chrysler 300 V6 with 2100 miles, brand new only used for two months. Scotch Guard interior, black exterior. Asking price \$24,000. Pictures available on request. Contact me at 0151-2260-9304 Bamberg, Germany.

FOR SALE

Terrarium/Aquarium w/stand. 1m x .5m x .5m tank. 1m x .5m x .7m black stand with storage cabinet. Tank has a .5m x .5m built-in "sun" shelf and ladder. Will include 220v Sun light and water heater. Tank holds about 27 gallons of water at shelf level. Makes an excellent home for fish and turtles! Paid 348 Euro, asking 200 Euro o.b.o. Contact Rebecca at 01703645466 for more information.(07/16/09)

German microwave and medium size freezer, two area rugs 9x12 and 3x7 inches, Motorola cell phone with camera (use card), Phillips cordless phone (German) Speed Port, floor and desk lamp, new iron, transformer (75 W) dishes, Comforter, etc. Call 0151-5323-3074 daytime and 0954-3419-0671 eves. E-mail mnrobes2002@yahoo.com.(07/16/09)

Entertainment center and 2 matching storage units made of wrought iron and wicker. Very heavy. Storage units have 5 drawers each with lots of storage space. Entertainment center has several small drawers, 2 large drawers, and adequate space for DVD player, surround sound, gaming systems, etc. All in excellent condition. One unit has a bent leg that is easily fixed - \$500 OBO. Will submit pictures upon request @ crys-talbkeiser@yahoo.com or can be viewed in person by calling 0951-208-8841 or 015152585310. (07/09/09)

PCS Sale: Please note that all electrical items are 220V: Indoor/Outdoor Electric Barbecue Grill \$70; Rechargeable Cordless Drill \$15; Electric Fans \$17-\$18; Cordless Phones (Set of 2) \$20; Phone Router (Speedport W701V) \$20; Microwave oven \$80; Coffee Maker \$5; Iron \$10; Transformer 2,000W \$90; Transformer 1,600W \$75; Transformer \$300W \$25; Space Heater \$25; AFN decoder \$75; Extension Cords \$5; Surge Protector \$10; Pictures are available upon request. Please e-mail bga-hol@hotmail.com, or call 0151-1153-3310.(07/09/09)

220 appliances- toaster, mixer and crock-pots. A bedroom suite with chest dresser and headboard. A 27 inch Sony Trinitron Television - \$50. A Dell all-in-one printer. Prices negotiable. Please call 0160-3001046 for inquiries. (07/09/2009)

Reflex Step Custom Fit Elliptical and IKEA corner computer desk \$100 each. Call 09512974043. (07/09/2009)

Sofa with a rollout bed \$100 OBO; Rosewood coffee table \$75 OBO. Call 09505803596 or email ramstein_len@hotmail.com. (07/09/2009)

Antique Sale: Very old German PFAFF sewing machine, old clothing iron, scale for weighing And British coat rack. Call 0 9 5 0 5 - 8 0 3 5 9 6 or ramstein_len@hotmail.com. (07/02/09)

PCS Items for Sale: Medicine Cabinet with mirror and lights; floor lamps; desk; bistro table with chairs; microwaveovens;

iron hand mixer; light fixtures; metal shelves. All electrical items are 220V. Call 09505-803596 or email: ramstein_len@hotmail.com.

PCS Sale. Large dog kennel like new \$40. 220 Coffee pot with water filter \$25. 220 Hair Dryer with diffuser \$35. Email infantecrystal@hotmail.com or phone 0951-297-1203.

FOR SALE - Jenny Lind crib and changing table (w/mattress & changing pad); white; good condition \$160 Black vinyl glider rocker/recliner and ottoman for the \$30. For more info please call Jenny Looman at 0151 2400 8403.

FOR RENT

Ideal for PCS move/extended TDY. Close to Gate 3 Warner Barracks (Benkertstrasse 11). There are 65 square meters of space for two persons. Price is 990 euro/month depending on the length of stay. Call Petra (owner) 0951-45865, 0170-5927887, or for English call Charles at 0176-283-54207.(03/19/09)

MISCELLANEOUS

WANTED: Penpal. I lived in Bamberg from 75 to 79. I lived behind the elementary school on the base. I am interested in an American pen pal, pref. female. Carol Levi 1615 Runnymede Rd. #3, Norfolk, Va. 23505.

WANTED: Quality or Professional Treadmill. Call 09512974043 (07/09/2009)

WANTED: Housekeeper 2-4 days per month for busy family. Please call 09512974043. (07/09/2009)

WANTED: Comfy Rocking Chair to rock baby. Pictures requested if available, email me at dogear_graphics@yahoo.com.

The Bamberg Hospitality House supports the ministry of the Warner Barracks Chapel by offering additional opportunities for discipleship, Bible study, fellowship (that includes food, often!), weekend activities, etc. Join us Friday nights for 6:30 pm dinner and Bible study at our home (Sonnenstr. 7; 96175 Pettstadt; ph 09502-8037, www.cadence.org/huisjen). Join us on Sundays at the 11 a.m. Protestant Service (Post Chapel).(01/15/09)

The Bamberg Protestant service meets from 11 a.m. to noon every Sunday at the chapel. AWANA meets at the Bamberg High School gym every Sunday evening from 4:30 to 6 p.m. Come join us as we worship, celebrate and get to know our Lord. For more information call Chaplain Williamson at 469-1570 or 0951-300-1570.

AD SUBMISSIONS

When submitting a classified ad for publication, be sure to include your name, address and telephone number. We will not advertise commercial services. Classified ads will be erased after three weeks of being published in the Warner Weekly. If you have something you want to advertise in the classified section, please e-mail your submissions to bambergpao@eur.army.mil. We will ONLY accept classified ads by email. We will not accept advertisements by phone or hand-written. These classified ads are a free service to you and in order for us to provide them, they must be in a cut-and-paste text only format. We hope this service is something you will utilize. For more information, call 469-1600 or email bambergpao@eur.army.mil.

(Star continued from page 2)

"I'm working on writing songs for my future (compact disc)," she said. "So, look out for Joyce Dodson."

Dodson is looking forward to this year's competition and will be singing during one of the Army-wide finals.

Bamberg's Stable Theater will host a preliminary round for all eligible performers on Aug. 14 at 7 p.m. Contestants will sing a cappella for a panel of three judges. Third and second place will receive \$100 and \$250; first place will receive \$500 and advancement to the Army-wide finals to compete with other local winners.

James Fredrick, an event specialist at the Stable Theater, said the judges are looking for participants of all styles.

"The only requirement is that you can sing," said Fredrick, who works primarily with the Stable's professionally equipped recording studio.



If you're not much of a singer, there's still a chance to get involved said Fredrick. A \$300 cash prize goes out to the most spirited Family Readiness Group or unit. Grab some FRG friends and show up for a night of entertainment.

This vocal competition is open to all Active Duty, Reserve and National Guard members, as well as all military ID holding family members over the age of 18.

Dodson's "Rising Star" Tips

- Choose popular music that's going to get the crowd going.
- Choose something that you love and that you feel you can sell.
- Listen to the judges' advice.
- Go to a small studio, like the one at the Stable Theater. If you can't sing there, you can't sing at a professional studio.

For more information or for an application for this year's competition contact James Frederick at 0951-300-8647 or visit the website below. You can also listen to Joyce Dodson's interview at the website shown below.

http://www.bamberg.army.mil/sites/mwr/OPERATION_RISING_STAR_Radio.asp

(Continued from page 2)

tracks the use of the facility, were used as supporting data so leaders could make an informed decision about the change of hours, Johnson said.

"After 5 p.m., there is a significant decrease in the number of participants using the facility," Johnson said. "During the old hours, an average of only 24 customers used the facility between 5 p.m. – 9 p.m."

In March, customers who used the Freedom Fitness Facility on the weekend were surveyed concerning the facility's hours of operation. They were given the following options for weekend hour:

- 8 a.m. – 4 p.m.
- 9 a.m. – 5 p.m.
- 10 a.m. – 6 p.m.

"Of those surveyed, 55 percent chose 8 a.m. – 4 p.m.," Johnson said. "This change to our hours seemed to have all the traits of better business practice for running this facility more effectively."

For a medium-sized installation, the Army standard is to operate a fitness facility at a minimum of 90 hours per week. The old hours of

"We are interested in what the community thinks about the change to our hours."

Ernest Johnson,
Director, Freedom Fitness Facility

operating the facility were 104 per week. The new hours are 96.

The reduction in hours from 104 per week to 96 per week has a cost avoidance energy costs of more than \$10,000 a year.

"We are interested in what the community thinks about the change to our hours," Johnson said.

The command would like to know your thought about the Freedom Fitness Facility hours.

This survey will only last one week and will close at 9 a.m. on July 30. Results will be posted in the Aug. 6 Warner Weekly issue.

Vote at http://www.surveymonkey.com/s.aspx?sm=geFR90purL0Ymh5sSjM0QQ_3d_3d

(Internet continued from page 1)

give Soldiers an Internet service that was not only affordable, but flexible. The provider gives customers a chance to subscribe by the hour, week, or month, allowing Soldiers to work around training or deployments.

This system allows Soldiers to stop paying at any time, said Holden.

"You don't even need an ID card," said Holden, "You just need a credit card."

For those who are changing duty stations they need not worry about setting up a new account. Once an account is made, it can be used at any facility worldwide, as long as they have this wireless infrastructure.

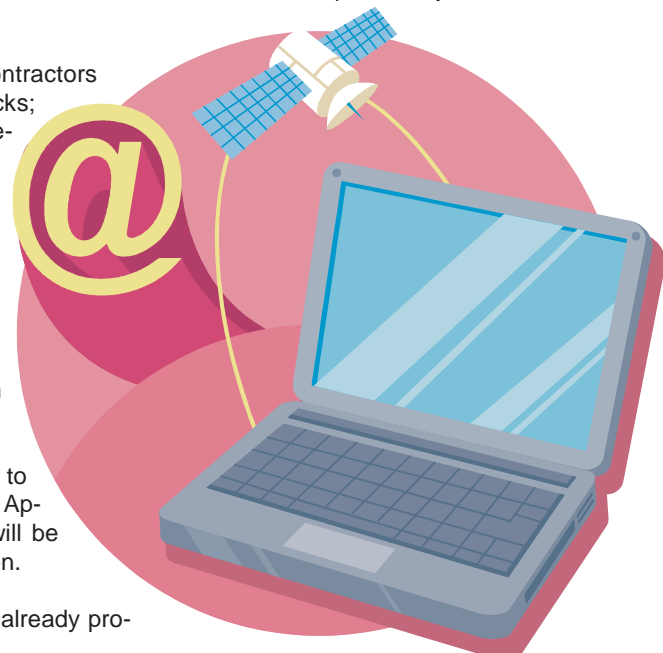
This wireless network is not only giving Soldiers Internet access, but it's giving them better quality. Holden said, "Our system provides faster connection speeds and a

high bandwidth." This program also offers weekly maintenance.

On Warner Barracks, the contractors are focusing on empty barracks; their goal is to have them prepared for redeploying Soldiers. After all the barracks are completed, recreation centers will be next in line to get connected. The Birchview Lanes Bowling Center is already enjoying this service, but the Community Activity Center, Moonlight Cabin, and Freedom Fitness Center will soon follow.

The Library is also scheduled to receive this Wi-Fi service from Aptilo Networks, but no account will be needed for access at this location.

The Community Activity Center already pro-



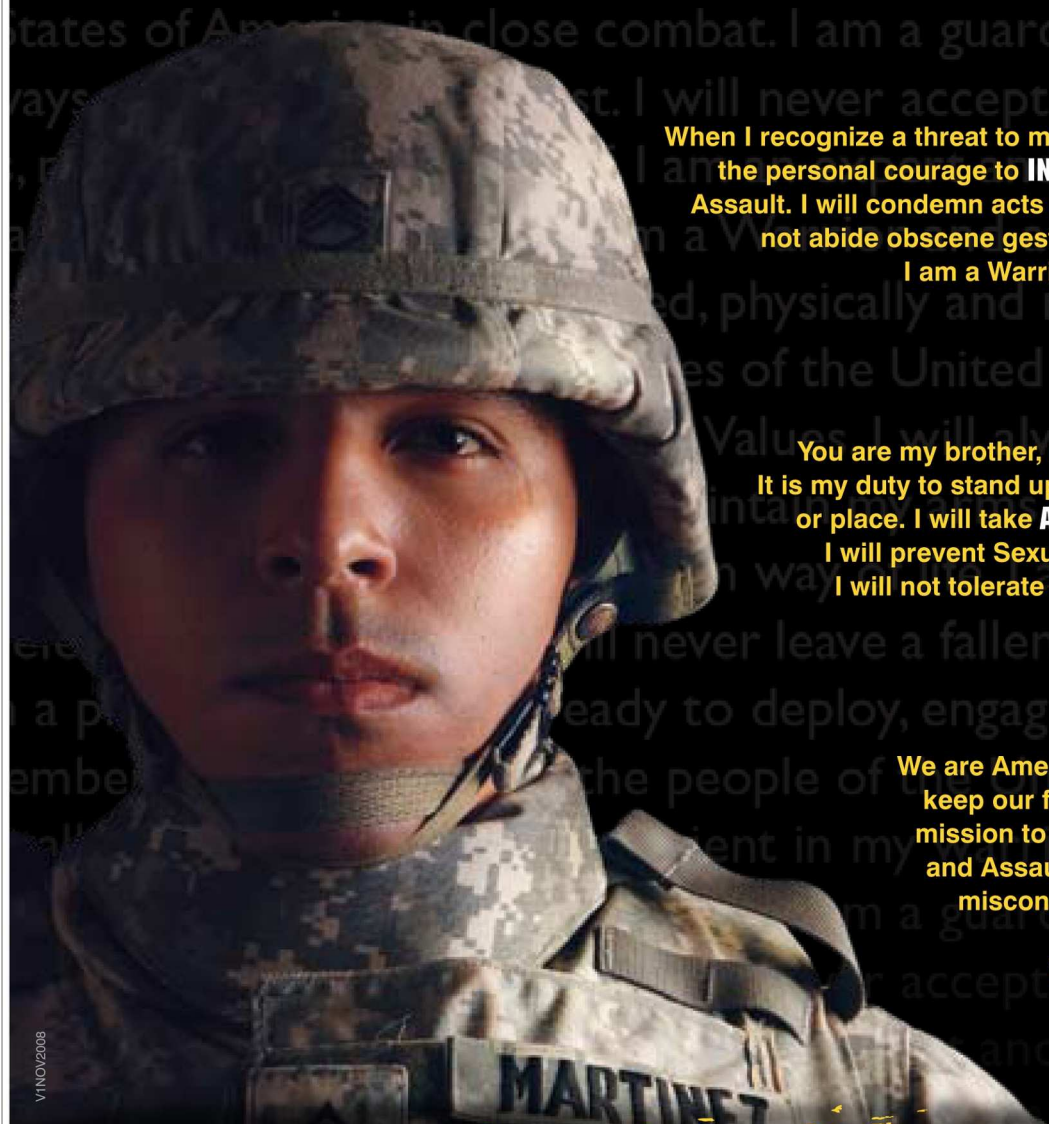


U.S. ARMY

I.A.M. STRONGSM

INTERVENE ★ ACT ★ MOTIVATE

Sexual Assault and Sexual Harassment Prevention



INTERVENE

When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent Sexual Assault. I will condemn acts of Sexual Harassment. I will not abide obscene gestures, language or behavior.

I am a Warrior and a member of a team.

I will **INTERVENE**.

ACT

You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right.

I will prevent Sexual Harassment and Assault.

I will not tolerate sexually offensive behavior.

I will **ACT**.

MOTIVATE

We are American Soldiers, **MOTIVATED** to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We will denounce sexual misconduct. As Soldiers, we are all

MOTIVATED to take action.

We are strongest...together.

www.preventsexualassault.army.mil

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